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MARRIED SHANIA RINGS IN 2011 BY TYING THE KNOT DISH

{page 8}



HALIFAX

metro

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Tuesday, January 4, 2011
www.metronews.ca



News worth sharing.

Juniors. On to the final



► Quinton Howden, left, and Simon Despres celebrate Howden's first-period goal against the United States last night.

RICK STEWART/GETTY IMAGES

Canada dispatches Americans

Canada got a measure of revenge against the U.S. for last year's loss in the world junior gold-medal game with a 4-1 semifinal victory over the Americans in Buffalo last night. Canada will play Russia in tomorrow's final. Story, page 13.

The skaters have spoken

Mayor says oval is popular
enough to be permanent {page 2}

Boozy chicken a quick dinner

Get a hot meal on the table
in 35 minutes {page 11}

Yarmouth ferry plan given hope

► Town has been without service to Maine since early last year ► Five bids to re-establish route failed to prove financial capacity ► Scotia Cruises considering operating out of Yarmouth by May 2012

Possible ferry operators in Yarmouth have evaporated, but a Halifax ferry project may save the day.

Scotia Cruises had intended to operate a Halifax-to-New-England ferry by 2012, but the company announced yesterday they're exploring the idea of relocating to Yarmouth instead.

Five ferry operators that applied to the Yarmouth Area Industrial Commission in the fall did not meet the basic requirements for starting in the spring of 2011, the commission announced last week.

"What we're willing to do is go back to the table with the Yarmouth Area Industrial Commission to see if we can come up with an amicable agreement from Yarmouth to Portland," said Bruce McNeil, spokesman for Scotia Cruises, yesterday.

Dave Whiting, with the YAIC, was not available for comment yesterday, but last week he said there's a revised target of May 2012.

McNeil said they've received hundreds

Plan B

Operating a ferry out of Halifax isn't completely off the table, Bruce McNeil said.

► He said Scotia Cruises will revisit that idea if negotiations in Yarmouth fall through.

of emails and phone calls from Yarmouth citizens in support.

As for a boat, McNeil said they've lined up a shipping agent in Miami and have intentions to charter a ship that is ready to go.

"Our goal from Day 1 was a feasible cruise-ferry operation running from Nova Scotia down to New England," he said. "Deploying from Halifax or Yarmouth really wasn't the big factor."

Besides, Halifax is a mega port and Yarmouth could really use the boost in tourism, he added.

"Let's make sure Yarmouth gets their industry back." ● JENNIFER TAPLIN

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news

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The video game industry's motion control craze may soon spread to your web browsing. More at metronews.ca/world

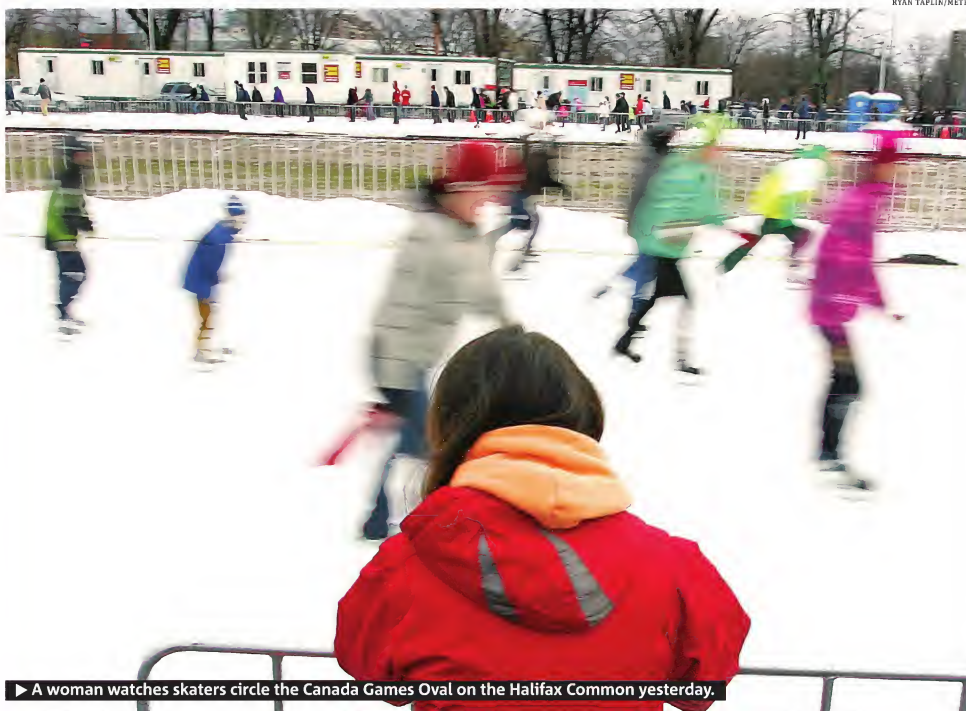
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Already rubbed your New Year's resolution? Blame your brain. Scan code for the story.

Kelly: Oval should stay

- Mayor calls Canada Games oval a 'once in a lifetime opportunity'
- An estimated 3,000 people used the oval on New Year's Eve alone



► A woman watches skaters circle the Canada Games Oval on the Halifax Common yesterday.



ALEX
BOUTILIER
@METRONEWS.CA

The city must "find a way" for the Canada Games speed-skating oval to stay on Halifax's North Common, Mayor Peter Kelly says.

Kelly says that with hundreds of skaters flocking to the daily public skating sessions, public support is clearly behind the \$2.5-million oval.

"Clearly it should stay," he said yesterday.

"It would be a shame to waste this opportunity,

and I see it as a chance to enhance the use of the Common and one that certainly has the support of the public."

Additional investment would be required to make the temporary surface permanent, Kelly said, including laying a concrete pad on top of the oval's current foundation. He could not say how much it would cost.

"We've already made the investment here and I don't think taxpayers want to see that investment wasted."

Should the oval become

Gauging crowds

- Mayor Peter Kelly admits he has yet to take advantage of the free public skates on the oval, but said he has been to the North Common several times to gauge the crowds.

a permanent fixture on the Common, it should remain a free public venue, Kelly added.

On Sunday, Coun. Dawn Sloane asked people on her Twitter account to send her their opinions on

whether the municipality should keep the oval as is, or in a different configuration.

Rainy weather did not dissuade hundreds from lacing up their skates yesterday.

Cathy Busby, who lives in the neighbourhood, said she was initially opposed to the project, but has been converted — yesterday was her fourth skate on the oval.

"I think it's just great to see all these people out getting exercise and being together," she said.

WITH FILES FROM JENNIFER TAPLIN



► Neil MacDonald

Former St. F.X. hoops star to learn fate

A one-time university basketball star who pleaded guilty to flashing people last year in Halifax will learn his fate today.

Neil James Wayne MacDonald, a former standout with the St. Francis Xavier X-Men, is to be sentenced at Sydney provincial court.

The matter was originally slated for Dec. 9, but held over until today.

MacDonald, 25, pleaded guilty last summer to seven charges of an indecent act in connection with seven incidents, which took place mostly around Dalhousie University in Halifax from March 21 to 26.

After pleading guilty, he was ordered to undergo a sex-offender assessment. MacDonald is from Sydney Mines but now calls Halifax home.

● PHILIP CROUCHER

Man, 65, charged

A 65-year-old man is facing two counts of attempted murder after police say a firearm was discharged during a disturbance at a residence on Sunday in Freeport, Digby Co.

RCMP say Thomas Carson Ogden of St. Bernard was arrested at the residence and no one was hurt. Ogden is also charged with two counts of breach of probation and one count of dangerous use of a firearm. ● METRO

Snowplows involved in crash

Two snowplows and two other vehicles were involved in an accident on Highway 101 yesterday, sending four people to hospital.

RCMP spokeswoman Sgt. Bridgit Leger said police received reports of a collision just outside Grand Pre at 9:50 a.m.

Significant snow

- While Halifax received mostly rain yesterday, other

Leger said both snowplows were travelling westbound when the accident occurred.

parts of the province were digging out from a significant snowfall, with some areas getting more than 10 centimetres.

One person received serious injuries, she said.

Three others were also taken to hospital.

Leger could not say if the four injured were travelling in the same vehicle.

She said police are also not ruling out weather as a factor, noting there were approximately two inches of slush on the road, and it was raining at the time. ● ALEX BOUTILIER

Hikers found OK

Cape Breton police say two hikers are all right after becoming lost in the woods near Sydney River.

Searchers began scouring the Coxheath Mountain area Sunday after two women called 911 to report they had become lost while hiking on trails.

THE CANADIAN PRESS

NYE fireworks blamed in mass blackbird deaths

► There are somewhere between 100 million and 200 million red-winged blackbirds in the United States

New Year's revellers in a small Arkansas town were enjoying midnight fireworks when they noticed something other than sparks falling from the sky: thousands of dead blackbirds.

The red-winged blackbirds rained out of the darkness onto rooftops and sidewalks and into fields. One struck a woman walking her dog. Another hit a police cruiser.

Birds were "littering the streets, the yards, the driveways, everywhere," said Robby King, a county wildlife officer in Beebe, a community of 5,000 north-east of Little Rock. "It was hard to drive down the street in some places without running over them."

In all, more than 3,000 birds tumbled to the ground. Scientists said yesterday that fireworks appeared to have frightened the birds into such a frenzy

Weird science

Just one day before, some 5,000 blackbirds fell from the sky in Arkansas and piles of dead fish have turned up on a nearby shore.

► Between 80,000 to 100,000 drum fish were found dead along a 32-kilometre stretch of the Arkansas River near Ozark.

► The animals' deaths have prompted Christian media to quote Bible passages warning about the end times, while conspiracy theory websites tout it as evidence of UFOs.

that they crashed into homes, cars and each other. Some may have flown straight into the ground.

"The blackbirds were flying at rooftop level instead of treetop level" to avoid ex-

plosions above, said Karen Rowe, an ornithologist with the Arkansas Game and Fish Commission. "Blackbirds have poor eyesight, and they started colliding with things."

But Rowe stopped short of declaring the mystery solved, saying labs planned to test bird carcasses for toxins or disease. Another theory was that violent thunderstorms might have disoriented the flock or even just one bird that could have led the group in a fatal plunge to the ground.

A few stunned birds survived their fall and stumbled around like drunken revellers. There was little light across the countryside at the time, save for the glimmer of fireworks and some lightning on the horizon. In the tumult, many birds probably lost their bearings.

THE ASSOCIATED PRESS

London. And Lace



► Kimberley Dunne and other burlesque enthusiasts in outfits pose for photographers in front of the National Gallery in central London's Trafalgar Square.

LESTERIS PITAKAKIS/THE ASSOCIATED PRESS

World record burlesque dance?

A world record attempt to break what was called the World's Largest Burlesque Dance took place yesterday in London. The dance troop, made up of Virgin Holiday staff and burlesque enthusiasts, put on a five-minute routine.

Navy captain in hot water over lewd videos

Videos just coming to light show the crew of a Navy aircraft carrier got an eyeful on shipboard TV: Gay slurs, suggestive shower scenes and mimicked masturbation in clips made not by some sailor run amok but by the ship's second-most powerful officer.

The Navy said Sunday it will investigate the "clearly inappropriate" videos shown through the nuclear-powered ship's

closed-circuit television system. The star of the videos, made in 2006 and 2007, is Capt. Owen Honors, who now commands the USS Enterprise but was its executive officer — the second in command — when the videos were made. The Norfolk-based Enterprise was deployed in the Middle East at the time the videos were made and is weeks from deploying again.

The Virginian-Pilot



► In this frame grab, Navy Capt. Owen Honors appears in a series of profanity-laced comedy sketches broadcast on the USS Enterprise via closed-circuit TV.

THE VIRGINIAN-PILOT/THE ASSOCIATED PRESS

newspaper reported on the videos in its Sunday editions and posted an edited version of one video on its website.

It's not immediately known why the images are surfacing now. The Virginian-Pilot quoted anonymous crew members who said they raised concerns aboard the ship about the videos when they aired, but they were brushed off.

THE ASSOCIATED PRESS

Apology

Navy Cmdr. Chris Sims said in a statement that the videos "were not acceptable then and are not acceptable in today's Navy."

► Sims said U.S. Fleet Forces Command "has initiated an investigation into the circumstances surrounding the production of these videos."

Young astronomer discovers supernova

A young amateur astronomer from Fredericton has become the youngest person to ever discover a supernova.

The Royal Astronomical Society of Canada says 10-year-old Kathryn Aurora Gray of Fredericton made the discovery on

the weekend under the watch of two other astronomers.

The society says an image of a galaxy in the constellation of the Camelopardalis was made New Year's Eve and the supernova was discovered on Sunday.

THE CANADIAN PRESS

Firemen rescued in Toronto blaze

Two firefighters fell from a neighbouring roof into a burning building early yesterday morning, sparking an intense 30-minute hunt through dense smoke to rescue them.

The pair, who were not badly hurt, were finally located on the upper floor.

THE CANADIAN PRESS



► Fighting fire on Yonge Street in Toronto

RENE JOHNSTON/TORSTAR NEWS SERVICE

Government scribe joins world of Twitter

Stephen Harper's former chief of staff Guy Giorno has taken up Twitter.

Giorno made a point of rarely speaking publicly in the two and a half years he spent as Harper's right-hand man and he officially stepped down from his job at the end of December.

His Twitter account was

set up on Dec. 23 and the first message from the microblogging site was sent on Dec. 30.

But so far, he's not dishing out parliamentary gossip or political punditry.

Instead, he's taking on some of his former foes in the media.

THE CANADIAN PRESS

CEOs' pay 155 times more than average: Study

- CEO packages higher today than during the 1990s
- Average Canadians saw small rise in 2009 earnings

The recession may have hammered the average Canadian but a new survey suggests CEOs weathered the storm in fine form.

An examination of the 100 fattest pay packages handed to executives at publicly traded companies in Canada shows they pulled in an average \$6.6 million each in 2009.

That's a far cry from the \$42,988 the average Canadian makes and it dwarfs the \$19,877 a minimum-wage worker would earn in a year.

The study by the Canadian Centre for Policy Alternatives says Canada's best-paid CEOs made 155



► Aaron Regent — highest paid CEO in Canada.

times more than the average Canadian.

"Canadians may still be feeling the pain from a worldwide economic meltdown caused by reck-

less financial speculation but Canada's business elite has preserved its privileged position," writes author Hugh Mackenzie.

The biggest pay package went to Aaron Regent at Barrick Gold Corp., who made \$24.2 million in 2009, according to Mackenzie's calculations.

In second place was Hunter Harrison at Canadian National Railway Co., at \$17.3 million, followed by Gerald Schwartz at Onex Corp., at \$16.7 million.

Still, CEO earnings dropped from the previous year.

THE CANADIAN PRESS

Facebook. Investors



► Social networking behemoth Facebook, headed by CEO Mark Zuckerberg, has raised \$500 million US from Goldman Sachs and a Russian investment firm in a deal that values the company at \$50 billion, reports say.

MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Cashing in on social networking

Goldman Sachs is said to have invested \$450 million and Digital Sky Technologies invested \$50 million into Facebook. Representatives for Facebook, Goldman and Digital Sky Technologies declined to comment.

TOP 10 of 2010

Register on metrolifepanel.ca and vote on your 10 top 10's of 2010.

Results will be featured in Metro starting January 11 and posted at metronews.ca/top10

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Lumber dispute heats up

The lumber trade dispute between Canada and the United States is heating up again and Washington could haul Ottawa back to a London tribunal as soon as this week.

U.S. industry leaders contend British Columbia misclassifies timber as salvage material so Canadian companies can bombard the

United States with subsidized lumber.

That, they say, undercuts U.S. mills and jobs. Canadian government and industry leaders dispute the charges.

Managers of southern Oregon's Swanson Group, for example, blame unfair Canadian competition in large part. THE ASSOCIATED PRESS

100

John Allan, president of the B.C. Lumber Trade Council, said his industry organization spent more than \$100 million as litigation exploded between 2001 and 2006.

Pool. With view



► Tourists relax in an infinity pool on the roof of the Marina Bay Sands Hotel tower yesterday in Singapore.

WONG MAYE-E/THE ASSOCIATED PRESS

Overlooking Singapore

Singapore's two huge casino resorts, which together cost more than \$10 billion US to build, are the crown jewels of a decade-long effort to diversify the island's economy toward services such as tourism and finance and lessen dependence on manufacturing.

Market moment

TSX



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Hotmail fixed?

Microsoft says it has fixed the glitch that caused some Hotmail users to lose all of their emails.

THE ASSOCIATED PRESS

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RESOLUTION NO. 1: TIME TO QUIT THE GYM

She says ...

JESSICA
NAPIER

All right everyone, you've had your fun. You argued drunkenly with your family, kissed a complete stranger at midnight and ate about a year's worth of calories in the span of one week. Now it's time to get serious.

Last weekend, as I peered from under my duvet at a disaster zone of empty champagne bottles and orphaned sequins, I thought to myself that perhaps 2011 should be the year I start making some changes.

And so, on a gloomy January morning, I pledge this will be the year I start taking vitamins. I'll read more books, watch less television, pay my bills on time

and, finally, against typical New Year's tradition, I resolve to quit the gym.

I've been a member of an overpriced health club for more than a year now, the number of times I've actually visited said facility amounts to the caloric value of four Tic Tacs. Sixty dollars a month debited from my chequing account and all I have to show for it is a small laminated card collecting dust in my wallet.

Over the years I have joined many a flashy fitness temple with the exact same result — I go routinely for about two months before my commitment wavers and I reach the point where it becomes embarrassing

to even think about showing my face there.

So why join in the first place? Initially, I am wowed by the shiny equipment and excessive amenities. "You mean there's a steam room and a smoothie bar? Here's my credit card."

But while the flashy accoutrements might lure me in at first, nothing really changes the fact that I just can't stand the Lycra-clad cliques of established gym-goers, partly because I despise their hard-bodied smugness, but mostly because they look so good in skinny jeans.

Sure, there may be some well-meaning aerobic enthusiasts,

but most of the crop-top wearing gym rats aren't really there to exercise. They're there to work on their fake tans, buy protein powder and, most importantly, they are there to check each other out. For, you see, there's no difference between the gym and an obnoxious nightclub; there is an expensive cover charge, aggressive music, sweaty bodies and plenty of tight neon clothing.

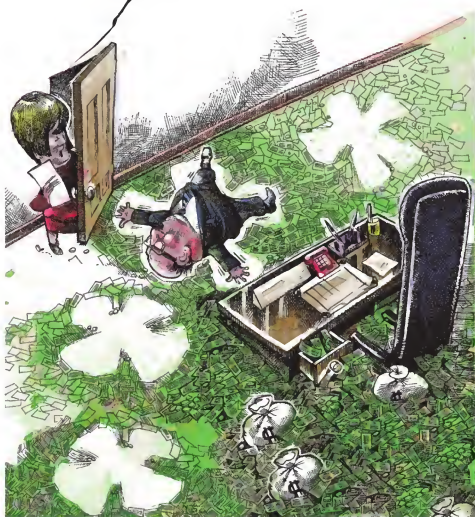
So, in 2011, I resolve to leave the hormonally charged muscle heads to their own devices and promise myself that this is the year I finally kick my habit of avoiding the gym and cancel my membership for good.



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

AS CEO, THE MEDIA WANTS TO KNOW HOW THE RECESSION HAS AFFECTED YOUR SALARY.



MICHAEL DE ADDER
After
metro

Attack defined decade

Letters
& Tweets

We asked: What will define the decade of 2000-10?

WHITBY, ONT. I would have to say the terrorist attacks on New York City in 2001, which changed everything. It caused panic all over the world. It raised security concerns everywhere and our sense of freedom was taken away. From Sept. 11, 2001, to this day everything has changed. Many lost their lives on that tragic day and many more have lost their lives fighting (against terrorism). Besides all that, we live our lives in a state of "being on edge" and that

Sept. 11, 2001



THE ASSOCIATED PRESS FILE

alone has defined this decade. The decade when the world changed and the days when North Americans realized we weren't invincible.

ALLAN EASSON

TORONTO. I would say it was the 9-11 terrorist attacks on the U.S. because it changed so much in terms of how

people think and how the world operates.

SARAH EVANS

TORONTO. Social injustice will define the decade. The financial gluttony of the super rich will be seen as widening the divide between rich and poor, causing poverty and polluting the environment.

TED CRUDDAS

What are you looking forward to most in 2011?

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Metro Minute with
The Wizard Of Oz

The holidays may be over, but Neptune Theatre's holiday production The Wizard Of Oz still has more performances left.

The family musical that opened Nov. 27 is wrapping up this weekend on the Fountain Hall stage, with evening performances tonight through Sunday at 7:30. There will also be matinees Saturday and

Sunday at 2 p.m.

The play tells the story of Dorothy Gale dreaming of what lies over the rainbow from her farm, but when a twister carries her away to a magical world, she must find the wizard to get back home.

Visit neptune-theatre.com for ticket information.

● METRO



► The Wizard Of Oz continues at the Neptune Theatre.

No U.S. network, no problem

► The Pillars of the Earth actor Rufus Sewell glad that mini-series had no American involvement in production ► 12th century epic coming to CBC



► Canadian actor Donald Sutherland stars in *The Pillars of the Earth*, a mini-series that debuts tonight on CBC.

Sweeping sword-and-sandal epics seem to be all the rage, including *The Tudors*, *Spartacus: Blood and Sand* and the forthcoming *The Borgias*, which airs this spring.

Galloping into the arena is *The Pillars of the Earth*, a \$40-million, eight-part historical miniseries that begins tonight at 9 p.m. ET on CBC.

The international co-production was shot in Hungary and Austria and stars Canadian actors Donald Sutherland, Alison Pill (*Milk*) and Gordon Pinsent, as well as Ian McShane, Hayley Atwell and Rufus Sewell.

With today's ballooning budgets, it seems to take the world to make one of

"As far as I'm concerned, the idea of working for one of the major networks worried me." ACTOR RUFUS SEWELL

these historical epics. Welsh author Ken Follett wrote the wildly successful novel, which, given the Oprah Winfrey Book of the Month Club seal of approval, topped the best-sellers charts for weeks. Brit Ridley Scott (*Robin Hood*) is among the executive producers.

The mystery/thriller is set against a backdrop of war and religious strife. Set in the 12th century, it is essentially about an ambitious dream to build a

cathedral in a forest during the Middle Ages.

Some Canadians, however, will have seen it before. The miniseries, partially funded by Montreal-based Muse Entertainment, aired last summer on the premium cable channels The Movie Network and Movie Central.

The fact that no big American broadcaster was involved was actually good news for Rufus Sewell.

"As far as I'm concerned, the idea of working for one of the major networks worried me," he says on the phone from Italy, where he was at work playing a detective on another venture.

Sewell worried that a major U.S. network would be so concerned about of-

fending all but the widest possible demographic that a lot of the edgier content would get cut out. He's seen how advertiser boycotts have watered down projects in the past.

"It becomes slightly cowardly," says Sewell, who suggests networks cave under pressure from special interest groups. "Nobody wants to lose the dollars of stupid people or even bigoted people."

While notes did come from the Canadian, German and British investors in this series, the fact that it wasn't controlled by one major source allowed more of the script that drew Sewell to the project in the first place to remain on the screen. **THE CANADIAN PRESS**

CBC hopes Pillars can be another Tudors

The *Pillars of the Earth* is one of several new shows premiering tonight on CBC, which in recent years has avoided the crush of fall shows from south of the border by saving its new offerings for January. The new reality series *Village on a Diet* began on Monday, with the new spy spoof comedy *Insecurity* bowing tonight before *Pillars*. CBC found a steady 700,000 to 800,000 viewers a week for *The Tudors*, which concluded a four-season run in the fall. With CTV snatching up rights to *The Borgias*, a historical series starring Jeremy Irons as a notorious 15th century Pope, CBC hopes they've found their historical fix with *Pillars*.

THE CANADIAN PRESS

Hungary perfect for historical TV

The actors appearing in *The Pillars of the Earth* spent five months shooting in and around Budapest. The region works for these historical epics on many levels.

Crews work cheaper than in Hollywood, keeping production costs down, plus the rolling hills of the Hungarian countryside offer vistas mainly free of any modern buildings or other landmarks that would seem out of place.

New technologies have also helped bring these period epics back in vogue. Modern hydro wires and other 21st-century giveaways can be digitally removed and ancient palaces can be digitally inserted. **THE CANADIAN PRESS**

2

scene

News in brief



Actress Valerie Bertinelli has tied the knot in Malibu. Publicist Heidi Schaeffer told *The Associated Press* that the 50-year-old *Hot in Cleveland* star married financial planner Tom Vitale on Saturday. Schaeffer said in an email that a report by *People Magazine* of the wedding was accurate. The ceremony took place in front of about 100 people at her home, according to *People*. Guests included Bertinelli's ex-husband — rocker Eddie Van Halen — and their son Wolfgang.

THE ASSOCIATED PRESS



Chuck Berry returns to home in suburban St. Louis after health scare during Chicago concert

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TUESDAY, JANUARY 4, 2011

Shania secretly weds

► Tied the knot New Year's Day in Puerto Rico

Just weeks after announcing her engagement to Frederic Thiebaud, Shania Twain is already married, according to People magazine. The couple tied the knot on New Year's Day, her rep confirms. "They were married at sunset in Rincon, Puerto Rico, in front of 40 of their closest family and friends," her rep tells the magazine.

"2010 is leaving me with a renewed faith in love and commitment," Twain posted on her blog. "Frederic Nicolas Thiebaud has been a true gift to me as a compassionate, understanding friend and over time, an amazing love has blossomed from this precious friendship." ● METRO



► Shania Twain

Married, or just fooling?

Brad Pitt and Angelina Jolie reportedly closed out 2010 by tying the knot, but it was all for show, according to In Touch. Sources say the couple

held a mock-wedding ceremony in Morocco for the benefit of their six children. "Because the kids are getting older, Brad and Angelina decided

now was the time to show them how much they loved each other and wanted to be unified as a family," a source says.

● METRO

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► Frostbite season is upon us. Learn how to be prepared.

Frostbite warning

► How to recognize if you have it and what to do when someone you know is showing the signs ► Be careful though, you could make things worse

CELIA MILNE
WELLNESS@METRONEWS.CA

During the winter season, it's great to get outside to enjoy the crisp, cold air and, of course, the snow. However, whether you are snowboarding, skiing, tobogganing, snowshoeing or simply waiting for the bus, frostbite can happen if you're exposed to the cold for too long.

And though tempting, rubbing a frostbite can actually make it worse.

"Do not rub on the affected areas as this can cause further damage," says Dr. Jensen Yeung, medical director of RKS Dermatology at Women's College Hospital and the

University of Toronto.

Frostbite is damage to the skin and other tissues, and happens when blood vessels under the skin constrict, which can happen at zero degrees and colder.

"A combination of factors determine when frostbite will form," says Yeung. "These include the duration of cold exposure, windchill, wet clothing, inadequate clothing and poor circulation."

Poor circulation can be a result of wearing clothing that is too tight, smoking, diabetes or peripheral vascular disease.

According to Parks Canada, areas most prone to frostbite are toes, feet, fingers, hands, ears and

"A combination of factors determine when frostbite will form... exposure, windchill, wet clothing, inadequate clothing and poor circulation."

DR. JENSEN YEUNG
face.

Signs to look for that you or a family member have frostbite include:

- Shivering (may be absent in later stages)
- Lack of feeling in the affected area
- Skin that appears waxy
- Skin that is cold to the touch

In second degree frost-

bite, says Yeung, water-filled blisters can develop. In third and fourth degree frostbite, you may have blood-filled blisters and damage to the nerves. In extreme cases, gangrene can result.

Here's what to do: Bring the person in to a warm environment as soon as possible.

Immediately remove all wet clothing and put on dry ones. Then wrap the person in warm blankets.

Quickly warm up the affected areas in a bathtub with water at 40 to 42 degrees.

Only start to rewarm the person if further re-freezing can be prevented. Fluid replacement is also extremely important.

Hypothermia

Hypothermia is a risk with cold weather and prolonged outdoor activities. It can sneak up on you if the weather changes, warns Parks Canada. Someone who is suffering from hypothermia is no longer able to keep themselves warm. It's possible to develop hypothermia at any temperature under zero degrees. Signs and Symptoms of Hypothermia include:

- Shivering (may be absent in later stages)
- Numbness
- Lack of coordination
- Confused or unusual behaviour
- Body temperature below 35° C (95° F)

3

life

Below zero



Frostbite is most common in outdoor workers, homeless people, and athletes participating in outdoor sports. But it can certainly strike adults and children who are having fun and staying outside a little longer than they should. The best winter clothing is breathable, windproof, and quick-drying.

CELIA MILNE



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Thoughts on...
Goals

Seek and you'll find

ADVICE Christmas is now behind us and as we bid farewell to another year, our thoughts are filled with anticipation of what looms on the horizon. Many of us are busy making plans, setting new year resolutions, and making sure that the year ahead will be the best year ever. But how can we ensure that our goals become a reality?

Here's a tip: Take a pen and a notepad and ask your deeper mind 'What do I want to do next? How do I accomplish this? What is my next course of action?' Just relax as the answers come through. Do not worry about being right or wrong, simply allow your deeper guidance to emerge.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

Why lose weight?

Jiggly January?

Put off losing weight till now?

Not only does being overweight or obese look bad and feel bad, it's also hurting you on the inside. According to Health Canada, all that extra fat increases your risk of developing high blood pressure, coronary heart disease, type 2 diabetes, stroke, osteoarthritis, and certain types of cancer, including breast, colon and endometrial.

CELIA MILNE

Cancer breakthrough?

► New blood test can spot one cancer cell in a billion healthy ones ► Find out how it can help

A blood test so sensitive that it can spot a single cancer cell lurking among a billion healthy ones is moving one step closer to being available at your doctor's office.

Boston scientists who invented the test and health care giant Johnson

& Johnson announced yesterday that they are joining forces to bring it to market. Four big cancer centres also will start studies using the experimental test this year. Stray cancer cells in the blood mean that a tumour has spread or is likely to, many doc-

tors believe. A test that can capture such cells has the potential to transform care for many types of cancer, especially breast, prostate, colon and lung. Initially, doctors want to use the test to try to predict what treatments would be best for each pa-

tient's tumour and find out quickly if they are working.

"This is like a liquid biopsy" that avoids painful tissue sampling and offer a better way to monitor patients than periodic imaging scans, said Dr. Daniel Haber, chief of Massachusetts General Hospital's cancer centre and one of the test's inventors.

Ultimately, the test may offer a way to screen for cancer besides the mammograms, colonoscopies and other less-than-ideal methods used now.

"There's a lot of potential here, and that's why there's a lot of excitement," said Dr. Mark Kris, lung cancer chief at Memorial Sloan-Kettering Cancer Center in New York. He had no role in developing

Tests

Doctors typically do treatment and then do a CT scan two months later to look for tumour shrinkage.

► Why it can help Some patients only live long enough to try one or two treatments, so this test can gauge success sooner.

the test, but Sloan-Kettering is one of the sites that will study it this year.

Many people have their cancers diagnosed through needle biopsies. These often do not provide enough of a sample to determine what genes or pathways control a tumour's growth.

THE ASSOCIATED PRESS

CHRIS PIZZELLO/THE ASSOCIATED PRESS

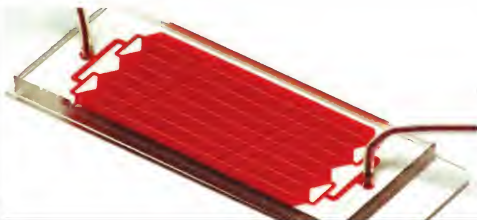
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► This new blood test can single out one cancer cell among a billion healthy ones. It is getting closer to being available at your doctor's office.



► Fran Drescher, left, and Sharon Osbourne pose together at the Stand Up to Cancer benefit at the Kodak Theater in Los Angeles.

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DON'T TALK ABOUT IT...
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2011's liquid predictions


PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Can you believe how quickly 2010 disappeared?

Why, it seems like just yesterday Mel Gibson and Mother Nature were battling it out to see who could act crazier by year's end.

Now that we're officially into 2011, I've dusted off my crystal ball and am prepared to make the following liquid predictions for the coming 12 months.

Look for Australia to make a comeback this year. With a major focus on regionality — and more celebrity winemakers than kangaroos — Down Under is preparing to wow your palates.

I also see food-friendly German white wines and non-fortified Portuguese reds working their way into your glasses.

From the vine, malbec will keep rocking the red wine world with sauvignon blanc doing the same for the whites.

Also, look for red blends (especially those with a touch of residual sugar) to be the talk of liquor store shelves.

On the boozier side of things, I see both Irish and American whiskey capturing more market share across the country.

But, my money's on vodka — particularly brands like Russian Standard (750 ml, \$23.95 - \$24.99) that haven't had every inch of personality filtered out of them — to reign supreme.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



A go-to chicken recipe

► Skip the booze in this Bourbon Chicken by using apple juice

This pecan-crusted chicken breast with bourbon pan sauce has a rich flavour and looks impressive but takes only 35 minutes to complete.

Preparation:

- 1 Heat oven to 220 C (425 F). In a food processor, combine pecans, 125 ml (1/2 cup) of the flour, salt and pepper, then pulse until mixture becomes a coarse meal. Transfer mixture to a shallow dish.
- 2 Place remaining 125 ml (1/2 cup) flour in a second shallow dish. In a third shallow dish, lightly whisk eggs.
- 3 Dip both sides of each chicken breast first in flour, shaking off any excess, then in eggs, then through pecan mixture. Transfer to a plate.

- 4 In a skillet over medium-high, heat 30 ml (2 tbsp) of the oil. Add 3 chicken breasts and cook until well browned on both sides, 4 minutes per side. Transfer chicken to a baking sheet. Repeat with remaining oil and chicken breasts.

- 5 Place baking sheet in oven and cook chicken for 12 to 15 minutes. While chicken bakes, make sauce. With skillet over medium-high heat, add bourbon and deglaze, scraping up browned bits from bottom of pan. Add broth, honey and mustard and bring to a simmer.

- 6 In a bowl, stir together cornstarch and water. Whisk cornstarch into skillet sauce, stir until thick. Stir in chives and soy sauce. Pour sauce over chicken breasts to serve. **THE CANADIAN PRESS**



► Pecan-crusted chicken breasts with bourbon pan sauce.

Ingredients:

- 250 ml (1 cup) finely chopped pecans
- 250 ml (1 cup) white all-purpose flour, divide
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- 2 large eggs
- 6 boneless, skinless chicken breasts (1 kg/2 lbs)
- 60 ml (4 tbsp) extra-virgin olive oil, divided
- 50 ml (1/4 cup) bourbon
- 250 ml (1 cup) chicken broth
- 15 ml (1 tbsp) honey
- 15 ml (1 tbsp) coarse-grained mustard
- 7 ml (1 1/2 tsp) cornstarch
- 10 ml (2 tsp) water
- 50 ml (1/4 cup) chopped fresh chives
- 5 ml (1 tsp) reduced-sodium soy sauce

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ensure they're accurate.

Develop a financial plan Grow your net worth through a combination of debt reduction and asset growth. Get a second or third opinion from a Certified Financial Planner (CFP) or professional accountant.

Track your net worth progress. Use a spreadsheet; list all assets like RRSPs and real estate and liabilities like car loans and mortgages. When you subtract your liabilities from your assets, you'll see your bottom line. You want this number to grow, so set some net worth goals for 2011 to reduce debt and build your assets.

Watch out for those warranties!



► Hold on tight to your warranties after the holiday season if you'd like your favourite loot to last.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Stop! Don't burn or recycle that wrapping paper. While you're sifting through the post-holiday detritus, make a special effort to look for, and hold on to, warranties. Most Canadian families make a considerable investment in presents — \$600 to \$750 on average — and one of the best ways to preserve that investment is to keep

track of warranties, big and small.

The first time I realized I needed to pay better attention to warranties came when I took my kitchen knives into a Henckels' free sharpening clinic. My husband had used the chef's knife eons earlier

for some unauthorized prying and broke off the tip. The rep conducting the workshop took one look at it said, "It's under warranty, I'll replace it." Voila, a brand new knife and no snarky remarks about husbands.

Similarly, when I phoned Obus Forme to purchase a new back for a 10-year-old office chair, the company informed me it was covered under a lifetime warranty.

It's all too easy to toss a broken item, with so much these days lasting such a short time. But warranties can be your ticket to extended use.

The best part about being diligent on the warranty front is that you are extending the life of investments you've made with after tax dollars.

Glitchy gifts

Chances of top holiday purchases breaking down in the first three years:

- Desktop computer: 37%
- Laptop: 33%
- Digital camera: 8%

CONSUMER REPORTS

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Savings accounts

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Rask stymies former team

2 1

BRUINS

LEAFS

Phil Kessel did everything he could to break out of a slump against his former team, but Tuukka Rask just wouldn't let it happen.

The Boston Bruins goaltender turned away several good Kessel chances while making 36 saves in a 2-1 win over the Toronto Maple Leafs last night.

Kessel has been held to just one assist in nine games against the Bruins since being acquired in a trade prior to last season. The only other NHL teams he hasn't scored on during his career — Anaheim, Calgary and St. Louis — are based in the Western Conference so he rarely faces them.

The Leafs winger has shown recent signs of improvement against the Bruins, scoring the shootout winner in a game last month and looking energized yesterday. Rask's best save against his former teammate came during the third period after Kessel beat a defenceman and got off a shot from in close.

Nathan Horton and Marc Savard scored for Boston (21-11-6), which wrapped up a five-game road trip.

Mikhail Grabovski replied for the Maple Leafs (14-20-4).

James Reimer made his second straight start in goal for Toronto — the second of his NHL career — and wasn't at fault for either of the goals that got behind him.

Kessel showed some early flashes of flair, using his speed to make a couple rushes to the outside. He also had a rebound chance in the second period trickle just wide of the goal. He'll have three more opportunities this season to break his Boston scoring drought, starting with a game at TD Garden on Feb. 15. **THE CANADIAN PRESS**



► Mike Komisarek, left, puts pressure on Boston's Nathan Horton

Canada turns table on U.S.

- Canadians handily defeat rivals who beat them in last year's final
- Win sets up showdown tomorrow with Russians, who downed Swedes

NATHAN DENETTE/THE CANADIAN PRESS



► Quinton Howden celebrates his goal past United States goaltender Jack Campbell.

Curtis Hamilton and Quinton Howden scored in the first period yesterday as Canada exacted some revenge against the United States at the world junior hockey championship with a 4-1 semifinal win.

The victory set up a showdown with Russia in tomorrow's final. The Russians beat Sweden 4-3 in a shootout in yesterday's other semi.

Canada reached the final for the 10th consecutive year, a mark that includes victories over the Russians in 2005, 2006 and 2007. Canada is 7-5 all-time in finals against Russia or the

4 1

CANADA

U.S.

Soviet Union.

Ryan Johansen and Zack Kassian also scored for Canada in front of a boisterous, mostly pro-Canadian crowd. The Canadians outshot the nervous-looking Americans 41-23 in dominating all three zones, the faceoff circles and carrying the physical play.

The showdown many

predicted would be a fitting final came in the semis as Canada lost its final preliminary round game in a shootout to Sweden before beating Switzerland 4-1 in a quarter-final.

It avenged Canada's 6-5 overtime loss to the U.S. a year ago on its home ice in Saskatoon.

Chris Brown scored on a power play for the Americans in the third period to snap Mark Visentin's shutout bid as the U.S. briefly had some life but would get no closer.

Red-and-white-clad Canadian fans outnumbered their U.S. counterparts in

the packed HSBC Arena and their chants of Ca-Na-Da were drowning out the home side's U.S.A even before the puck was dropped.

When the game started, it was Canada that came out flying and the Americans who looked to be on their heels in their first taste of high-paced, heavy-hitting hockey in the tournament.

Canada beat the Russians 6-3 to open the tournament, a game that was close for two periods.

The Americans will face Sweden in the bronze-medal game.

THE CANADIAN PRESS

In the end, Russia gets it done

Russia's flair for the dramatic has carried it to the gold-medal game at the world junior hockey championship.

The Russians squandered a two-goal lead before scoring a late equalizer and surviving a shootout to beat Sweden 4-3 in a back-and-forth semifinal yesterday that

4 3

RUSSIA

SWEDEN

started slowly but ended brilliantly. Denis Golubev slid a

shot through Robin Lehnner's legs after Swedes Oscar Lindberg and Sebastian Wannstrom both failed to score.

The Russians then stormed the ice in celebration when Anton Lander's attempt rang off the post.

Vladimir Tarasenko, the dazzling St. Louis

Blues first-round draft pick, Golubev and Sergei Kalinin, who tied the game 3-3 with 1:27 left, scored in regulation for the Russians, who last won gold at the tournament in 2003.

They won three silvers from 2005-07, but were sixth last year.

THE CANADIAN PRESS

4
sports

Sports in brief



1 Brandon Webb signed with the Texas Rangers.

2 The Minnesota Vikings have reached an agreement with Leslie Frazier to be their next coach.

3 The Cleveland Browns fired coach Eric Mangini following a second straight 5-11 season.
THE ASSOCIATED PRESS



Scan code for more sports

Rainmen hit the ground running

► Forward Ferguson has big opening night after tough pre-season



MATTHEW WUEST
@METRONWS.CA

Desmond Ferguson was a forgotten man during the Halifax Rainmen's pre-season, but he came back in a big way when it mattered.

The 33-year-old sharpshooter drained 7-of-9 three-pointers for 27 points on Sunday as the Rainmen opened their third Premier Basketball League season with a 109-99 victory over the Vermont Frost Heaves at the Metro Centre.

Ferguson had sat out the better part of the past month with a nagging hamstring injury.

"The shot's always going to be there," said Ferguson, who is nicknamed Moneyball for his long-range ability and is the Rainmen's all-time leader with 81 career three-pointers.

"Other things may come and go, but the shot's going to be there."

The six-foot-seven Ferguson

3,126

Attendance for the Rainmen game on Sunday. It's the smallest season-opening crowd in franchise history.

son is the Rainmen's oldest player, so logging a team-high 44 minutes on Sunday didn't come without a cost.

A couple of hours after the game, though, Ferguson posted on his Twitter account that he was "sore" and "could use a deep-tissue massage," joking he had achieved "old-man status."

"I played a lot of minutes," said Ferguson, who did little more than ride an exercise bike during training camp. "I'm not in tip-top shape like I will be, but obviously I was in good enough shape to log the minutes I did."

Ferguson, along with forward Eric Crookshank, is one of two returnees on the 2011 Rainmen.

Power forwards Josh Dollard and Kavon Jones, point guard Taliek Brown, and shooting guards Tommy Mitchell and Mike Mercer are newcomers who give the Rainmen a mix of "youth and athleticism," Ferguson said.

The Rainmen, who lost in last year's PBL semifinals, made a good first impression on Sunday and continue to set their sights high.

"We got to the playoffs for the first time last year and now we're looking to get a championship," Ferguson said. "We're looking forward to a good season."



► Halifax Rainmen forward Desmond Ferguson shoots over Vermont Frost Heaves power forward Mike Williams in a 109-99 victory at the Metro Centre on Sunday.



Herd's young flourish

The Halifax Mooseheads have been well represented at the world under-17 challenge.

The club's 16-year-old forwards, Andrew Ryan with Team Atlantic and Luca Ciampini with Team Quebec, were both among the tournament scoring leaders heading into last night's late games.

Ryan was second in tournament scoring with a team-best two goals and seven assists for nine points in just four games. He was scheduled to face off with Team West in the fifth-place game late last night.

It's a breakout performance for Ryan, who has just seven points in 26 games with the Herd.

Ciampini, meanwhile, has a tournament-leading six goals in four games and helped Quebec into the semifinals against Ontario late last night.

It's the continuation of an outstanding month of December for Ciampini, who returned from a concussion to score five goals and an assist in four games before the world under-17.

Mooseheads defenceman Simon Desmarais is also playing for Quebec but doesn't have a point in four games.

● MATTHEW WUEST

Moncton making moves

While the Halifax Mooseheads have yet to make a move during the QMJHL trade period, a former member of the Herd was on the move this week.

Alex MacDonald, who patrolled the Mooseheads blue-line in 2008-09, was traded from the Moncton Wildcats to the Rimouski Oceanic for second- and third-round draft choices.

The Mooseheads dealt him to the Wildcats last season for an 11th-round pick. ● MATTHEW WUEST

Puzzle complete?

The Halifax Rainmen have brought in another centre after signing six-foot-nine Torraye Braggs yesterday.

► The 34-year-old played 22 games in the NBA with the Houston Rockets and Washington Wizards from 2003 to 2005 and has spent recent years in Europe.

► Owner Andre Livingston described him as the Rainmen's "missing piece." He will join the team for Thursday's road game against the Quebec Kebs.

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Sports in brief

Moose at WJC in relegation

WORLD JUNIORS. Halifax Mooseheads forward Martin Frk has two goals and two assists in five games at the IIHF world junior championships in Buffalo and Niagara Falls. Frk's Czechs face the Slovaks today in relegation play.



► Martin Frk

Mooseheads defenceman Konrad Abeltshauser, meanwhile, also ended up in the relegation round with Germany. He has no points and is a minus-2 in five games.

● MATTHEW WUEST

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Deals of the week



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Xcaret • 4 1/2 ★

All-Inclusive • Deluxe rm.
Feb. 27 • 1 wk.

\$1329

+Taxes & other fees: \$246

Varadero

Sirenis La Salina Varadero Beach Resort • 4 ★

All-Inclusive • Standard rm.
Feb. 25, Mar. 18 & 25 • 1 wk.

\$1199

+Taxes & other fees: \$155

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2 ★

All-Inclusive • Junior suite
Feb. 7 & 28 • 1 wk.


\$1789

+Taxes & other fees: \$98

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★

All-Inclusive
Traditional standard rm.
Feb. 7 & 28 • 1 wk.

\$1329

+Taxes & other fees: \$98

USA via Toronto or Montreal

Orlando

Coco Key Hotel and Water Resort • 4 ★

Double guest rm.
Jan. 18 • 1 wk.

\$519

+Taxes & other fees: \$132

Las Vegas

Imperial Palace Hotel & Casino • 3 ★

Deluxe rm.
Feb. 2 • 3 nts.
Stay 3 nights and save 15% with coupon book

\$599

+Taxes & other fees: \$135

CRUISE

Princess Cruises¹

Caribbean Princess[®]

Southern Caribbean Cruise
Flight to San Juan via Toronto
Interior stateroom, cat. K
Mar. 27 • 1 wk.

\$1179

+Taxes & other fees: \$133



SOL MELIÁ HOTELS & RESORTS

DOMINICAN REPUBLIC

Punta Cana

Paradisus Punta Cana • 4 1/2 ★

All-Inclusive • Deluxe junior suite
Feb. 26 • 1 wk.


\$1639

+Taxes & other fees: \$171

MEXICO

Cancun/Riviera Maya

ME Cancun • 4 1/2 ★

All-Inclusive • Deluxe lagoon view rm.
Feb. 27 • 1 wk.


\$1749

+Taxes & other fees: \$246



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